

Today

—don't forget to order
Sunkist
California's Selected
Oranges

All good dealers sell them. Order now. Send for tested recipes. Save wrappers for beautiful silverware.

California Fruit Growers Exchange
Co-operative Non-profit
Eastern Headquarters
139 N. Clark Street, Chicago, (Ill.)

CHAPPED HANDS AN AWFUL SIGHT

Sore, Red and Rough. Continually Cracking Open. Could Not Put Them In Water At All.

HEALED BY CUTICURA SOAP AND OINTMENT

"I was troubled with chapped hands which first started from exposure to the air. My hands were sore and red and rough and were continually cracking open and bleeding. They were so sore I could not put them in water at all nor even sweep the floor. They were swollen and an awful sight and I didn't want anyone to see them."

"I noticed Cuticura Soap and Ointment advertised and I sent for a sample. The sample seemed to do so much good that I bought more, and after I had used two bars of Cuticura Soap and one and one-half boxes of Ointment my hands were healed." (Signed) Mrs. M. M. Mattie, 32 Whipple St., Pittsfield, Mass., Aug. 1, 1915.

Sample Each Free by Mail

With 32-p. Skin Book on request. Address post-card "Cuticura, Dept. T, Boston." Sold throughout the world.

A Royal Snake Slaughterer.

The "secretary bird" is one of the most precious birds in South Africa. It is royal game, and any person destroying one is liable to a fine of \$50. Majestic looking birds, they stand about three feet high and generally go in pairs. They are of dark color, with black, feathery legs, and are valued for their propensity for killing snakes. Where the secretary bird is seen there are sure to be many reptiles about. The bird beats down its adversary first with one wing and then with the other, at the same time tramping on it with its feet until the snake is sufficiently stunned to catch it by the head with its claws. Then the bird rises for up in the air and drops its victim to the ground to be killed. By this means thousands of venomous reptiles are destroyed.—London Scraps.

Silver Sword of Hawaii.

One of the most curious plants in the world and one of the greatest interest to all botanists is the silver sword. This exceedingly rare plant, with its magnificent silver spines and handsome crest, may still be found in profusion in the upper part of Kaupapa, the southern outlet of the vast extinct crater of Haleakala, on the island of Maui. It flowers from July to October and occurs hardly anywhere else in the world. Even stranger is the variety known as the green sword, which occurs only in Haleakala crater and is unknown to exist elsewhere.—Honolulu Star Bulletin.

Prince Henry the Navigator.

The kingdom of Portugal counted in its royal house one of the men who hold first rank in scientific attainment and practical application. He was the son of John I. of Portugal and Queen Philippa, who was an English princess. He spent his life in sending out ships on voyages of discovery, and it was through this Prince Henry, called "the Navigator," that Columbus got his idea of seeking for a new land across the sea.

Carrots.

Carrots were first introduced into England by Flemish gardeners in the time of Elizabeth, and in the reign of James I. they were still so uncommon that ladies wore bunches of them on their hats and on their sleeves instead of feathers.

Why Suffer From Migraine or Sick Headache?

Dr. J. J. Caldwell says that this exceedingly distressing disease does not shorten life but does not appear to be curable. Sufferers from this affliction are condemned to undergo the physical attacks every few weeks until they are forty years of age, after which the attacks are less frequent, and finally disappear entirely. Painful spasms during the attack are all that it is possible to suggest, while care in the diet, the best preventive measure. An actual cure may be prevented by taking the anti-migraine tablets. The first three or four tablets, and one anti-migraine tablet every two hours during the attack, will, in most cases, stop the attack at once. Anti-migraine tablets may be obtained at all druggists. Ask for A-K Tablets. They actually relieve all pain.

BEGINS MOHR SUMMING UP

Counsel for Brown Is the First One to Be Heard

LEWIS ATTACKS POLICE THEORY

Set Upon Least to Be Suspected, Attorney Says

Providence, Feb. 4.—"The police, as usual, looking for the easiest way out of a problem, arrested those who should have been suspected last, a loving wife and two servants who had nothing but good will for their employer. The police founded their case on a postal card written two years before the tragedy and sent to the police by George W. Rooks, the man who said to Mrs. Mohr when she went to him for help: 'The doctor is unfaithful; go and do likewise.'"

With this blunt sentence Attorney William H. Lewis disposed of the state's case against Victor Brown, Henry Spellman and Mrs. Elizabeth T. Mohr, charged with the murder of Dr. C. Franklin Mohr, a few minutes after the jury in behalf of Brown yesterday.

Halt for Lunch.

Attorney Lewis was midway in his attack on the circumstantial evidence surrounding Brown and Spellman when an adjournment was taken for luncheon.

Attorney John B. Edwards will argue for Spellman after Mr. Lewis finishes, and will be followed by Attorney John J. Fitzgerald for Mrs. Mohr.

Attorney General Rice will sum up for the state and, following Judge Charles F. Stearns' charge, the case will go to the jury.

There will be three separate verdicts. Brown's name will be called first, then Spellman's and finally Mrs. Mohr's.

Judge Stearns is determined to end the trial this week, according to announcement by the court yesterday morning. If it appears the case cannot be finished by Saturday's close with the usual sessions, night sessions will be held.

John McAndrews, once foreman of Dr. Mohr's estate at Newport, delivered an eleventh hour blow at Mrs. Mohr when he was called by the state in rebuttal yesterday forenoon. McAndrews said:

"I was in the laundry of the Providence house Feb. 2, 1915. Mary McConville (the plaintiff in the much discussed rape case) was there and had a revolver in her hand. Mrs. Mohr, who was there, too, said to Mary, 'Go ahead and shoot the doctor.'"

Mr. Lewis argued that the witnesses who saw two colored men near the scene of the shooting shortly after it happened could not swear they were Brown and Spellman.

"It was pitch dark there that night," he declared.

Edwin Booth and Lincoln.

It has long been known that Edwin Booth felt deeply the grief that it was one of his own family who took Abraham Lincoln's life. This little story, which the editor of a well known magazine is fond of telling, emphasizes that fact:

When I was a boy I lived in Chicago near Lincoln park. Once when Edwin Booth was playing in the city I went with another boy to hear "Hamlet." I was permitted to spend the night at my friend's house, but went home for breakfast.

At that early hour Lincoln park was deserted, but as I drew near St. Gaudens' great statue of Lincoln I saw a carriage approach, driven by a negro coachman. It stopped before the statue, the door opened and out stepped Edwin Booth. Curious to see what was going on, I stepped behind a clump of shrubbery where I might watch unobserved.

The great actor stood for a moment before the wonderful bronze with his head bowed. Then he took a rose from his buttonhole and laid it at the base of the statue. He entered the carriage and was driven away, utterly unconscious that the incident had been witnessed by one who would ever cherish its memory.—Youth's Companion.

Many Uses of Graphite.

Few people begin to realize the range of uses to which graphite is put, says the Scientific American, for it is an essential though minor ingredient in a great number of unsuspected connections as common as that of lead pencils. With many of these the graphite man is himself unfamiliar, beyond the simple fact that this or that manufacturer purchases from him, for in such cases it is apt to represent part of a secret process.

Lead pencils, lubricants, electrical conductors and black polishes and paints are prominent conventional uses, but it is liable to be present pretty much anywhere that anti-friction, non-fading blackness, heat resistance, electrical conductivity or noncorrosiveness is a desirable property, and the fact that without graphite the derby hat, as we know it could not be, is an example of its importance as an incidental ingredient.

Definition of a Drop.

In the new British pharmacopoeia a "drop" is defined as coming from a tube of which the external diameter is one three millimeters, twenty such drops of water at 15 degrees C. being equivalent to one milliliter or cubic centimeter.

Nicely Flavored.

Ordered to dinner—This lettuce something fierce! Did you wash it?—Newlywed—Of course I did! And it performed some test—Judge.

NOT SICK ENOUGH, PERHAPS

Many people who need a tonic neglect it because they are not sick enough to cause them any more feeling than one of fatigue and discomfort. They do not realize that the decline in their health is so gradual that they, themselves, do not realize how far from normal they are until the pale face, weak nerves, languidness and irritability attract the attention of friends.

Even then a tonic is the right remedy. Dr. Williams' Pink Pills build up the blood and send renewed health and strength to every part of the body. The appetite is improved, the digestion is toned up, there is new color in the cheeks and lips, you worry less, become good natured where before you were irritable and you find new joy in living.

This tonic treatment is useful in dyspepsia, rheumatism, anemia and nervous disorders. In many cases it is all the medical treatment that is required. As a tonic for growing girls Dr. Williams' Pink Pills meet every requirement of the most careful mother.

Free booklets on the blood, nerves and digestion will be sent on request by the Dr. Williams' Medicine Co., Schenectady, N. Y. Your own druggist sells Dr. Williams' Pink Pills or they will be mailed on receipt of price 50 cents per box, six boxes \$2.50.

PNEUMONIA STANDS THIRD.

Next to Tuberculosis and Heart Disease in Causing Death.

Ten per cent of the deaths in the United States result from pneumonia. It is estimated that during the past 30 days this rate has been doubled in some sections. Tuberculosis and heart disease each causing one-ninth of all fatalities, are the only diseases which outrank pneumonia among the legion of the men of death, but in certain cities pneumonia is steadily increasing and even has surpassed the mortality from tuberculosis. Seventy per cent of all cases occur between December and May. It is distinctly a cold weather infection, seemingly brought by wintry blasts, but especially prevalent during the winter season only because it is rendered more susceptible at that time by exposure, debilitating influences and the presence of predisposing infections.

Pneumonia principally affects those at the extremes of life, but no age is exempt. It is invariably a germ disease. The predisposing and exciting organisms are so numerous that it would be futile to attempt their enumeration. Many of them are constantly present in the mucus and throats of healthy persons and it is only through the aid which they unwittingly extend to them that they are transformed from harmless organisms to one of man's most powerful enemies.

The presence of other diseases is the great predisposing cause of pneumonia. They prepare the soil for invasion. Holding first rank in this category is influenza, the increased incidence of pneumonia at this time being largely due to the present epidemic of la grippe. Individuals suffering from this infection are peculiarly susceptible to respiratory complications and should properly observe every hygienic rule. Inflammation of the upper air passages, pharyngitis, bronchitis and tonsillitis, often predispose to the development of the disease, particularly among the aged and infirm. The acute contagious diseases of childhood, more especially measles and whooping cough, frequently prepare the way for pneumonia. Anyone who through neglect or carelessness permits the spread of these infections is therefore open to the severest condemnation. Exhausting disease of whatever nature, is often sufficient to reduce our resistance that we are unable to cope with organisms which should be easily overcome, and hence predisposes to the infection.

Debility, either temporary or chronic, developing from any cause, increases susceptibility. Because of this the disease most often attacks those at the extremes of life. Among debilitating influences must be mentioned cold, exposure to penetrating winds, and the chilling of body surfaces as a result of wetting. The combination of lack of food and fatigue proves particularly disastrous during the winter season, and a condition to be avoided whenever possible. Bad housing, mental or physical harassment, and overwork are alike the advance agents of the infection. Overcrowding, in street cars, theatres and other public places, is unquestionably in part responsible for the spread of pneumonia in cities, as far greater opportunity is thus offered for the dissemination of the predisposing diseases through indiscriminate coughing and other means of droplet infection, as well as the directly injurious effects which inevitably result from exposure to such environment. The overheating of rooms is also seemingly harmful. Promiscuous expectoration may be, and probably is, a factor in infection and consequently should be avoided by every citizen. A remaining most important agent should be mentioned—alcohol. It is in truth the lamicide of pneumonia, and there is none more certain or more sure of success, especially if liberally and continuously used.

While the foregoing facts constitute in part our knowledge of the reasons for the widespread dissemination of an infection which carries with it a mortality of from 10 to 30 per cent, it should be remembered that the disease is not yet completely understood. There are problems connected with immunity, predisposition and the occurrence of epidemics which are yet to be solved. It is known that pneumonia frequently attacks those who are perfectly well, and who apparently have observed every hygienic rule. Whether this is due to the increased virulence of the organism or to other causes is unexplained. It is, however, recognized that avoidance of the factors so briefly enumerated will in large part diminish individual susceptibility and therefore the incidence of the disease.

Puts Down 30 Cents, Gets Bride.

Rock Island, Ill., Feb. 4.—Otto Yeager, aged 47, Taylor Ridge attorney, got a bride here for 30 cents. Yeager inserted a matrimonial ad in a local paper for three days, and was united in marriage with Miss Violet Bowling, aged 27, Maquoketa, Iowa.

\$10,000 Calais, Me., Fire.

Calais, Me., Feb. 4.—Fire broke out yesterday in the shoe mill at the Calais Box and Lumbering company, causing damage estimated at \$10,000.

ASK FOR and GET HORLICK'S THE ORIGINAL MALTED MILK

Cheap substitutes cost YOU same price.

BETTER RELY ON MILITIA

The Continental Plan Is No Good, Says Pearson

MILITIA PAY WOULD BRING SURPLUS

Conscription Is the Best Plan of All, He Declares

Washington, Feb. 4.—Two of the foremost militia men of Massachusetts, Major General Gardner W. Pearson and Brigadier General E. Leroy Sweetser argued for federal recognition of the National Guard before the House committee on military affairs yesterday morning.

General Sweetser's remarks were largely in answer to questions put by Representative Olney of Massachusetts, but in conclusion he stated that the Massachusetts militia believes first and foremost in preparedness and wants to be an efficient organization.

"We want to be among the first line troops in time of war," he said, "and we want to be fitted for that purpose."

In answer to a question by Representative Kahn as to whether the militia would like to be drafted, General Sweetser said: "No. The enlisted man would want to go to war without being drafted."

General Sweetser said he believed in the militia pay bill because it leads to discipline, because it provides for the accountability of property; and because it gives a man an excuse for being a member of the militia when his friends ask him why he is wasting his time. He testified to a successful mobilization of the militia last summer to which between 90 and 92 per cent of the men responded.

Major General Pearson declared that patriotic armies had never been successful and cited history of the United States for desertions and mutiny under the system. He favored, consequently, the militia plan bill, as second only to conscription, which he considered the best preparation against war. It is also the democratic method, he declared. He considered it would be impossible to obtain men under the continental army scheme of Secretary Garrison. Why start another system, he asked, when the militia is a going concern and can muster 300,000 men within six months? Efficiency of the militia in gun practice and in the field was not so far behind that of the regular army he declared, quoting from the report of the inspector general. He also said that the absentees from the militia always have been found good soldiers.

General Pearson viewed the continental army plan as a hopeless failure before it started.

"If the militia, as has been stated, would respond to a call in time of war," said he, "what hope is there that this continental army would respond in time of peace? I don't mean to argue that the militia always have been found good soldiers. They haven't. They have run away in good shape, but properly led they have time and again proved themselves good soldiers."

General Pearson said he personally favored conscription on the theory that "behind every ballot should be a bullet." Efforts to build up the National Guard on a basis of patriotism, he said, had failed. Militia pay, he feared, would produce too many recruits.

Adjutant General Tillotson of the Vermont National Guard, argued that the guardsmen had a vested right in any national army that might be formed, and he declared it was no answer to say that they could go into the continentals, for they would not do so.

Before the naval committee, Rear Admiral Strauss continued his explanation of details of the navy appropriation bill relating to ordinance.

The House committee wound up its hearings of National Guard representatives after Adjutant General Martin of Kansas, General Cole and Colonel Dorsey of Connecticut, General Sweetser of Massachusetts, General Chase of Colorado and Colonel Freese of Ohio had expressed themselves in favor of federalization of the state organizations. Chairman Hay announced that hearings would be concluded Feb. 11.

CHASEHILL FOUNDERS AT SEA.

British Steamship Lost After Leaving New York; Crew Saved.

London, Feb. 4.—The British steamer Chasehill, which sailed from New York on Jan. 13, carrying a big cargo of munitions, foundered at sea. Advice to her owners here yesterday said that the crew was saved.

The Chasehill was built in 1891 and displaced 4,583 tons. She was registered at London.

CAN'T BEAT "TIZ" WHEN FEET HURT

"Tiz" for Sore, Tired, Puffed-Up, Aching, Calloused Feet or Corns

You can be happy-footed in a moment. Use "Tiz" and never suffer with tender, raw, burning, blistered, swollen, tired, smelly feet. "Tiz" and only "Tiz" takes the pain and soreness out of corns, callouses and bunions.

As soon as you put your feet in a "Tiz" bath, you just feel the happiness soaking in. How good your poor, old feet feel. They want to dance for joy. "Tiz" is grand. "Tiz" instantly draws out all the poisonous excretions which puff up your feet and cause sore, inflamed, aching, swollen, smelly feet. Get a 25-cent box of "Tiz" at any drug store or department store. Get instant foot relief. Laugh at foot sufferers who complain. Because your feet are never, never going to bother or make you limp any more.—Adv.

THERE IS A VAST ARMY

of men and women who really never know what it is to enjoy sound, vibrant health—who would be surprised to suddenly gain that exhilarating vitality that robust health brings.

Literally thousands without any particular sickness live in "general debility," as the doctors call it—have headaches, are tired and indifferent. To all such people we say with unmistakable earnestness—"Take Scott's Emulsion after meals for one month and allow its rare oil-food to enrich and invigorate your blood, quicken your circulation, stimulate nutrition, and aid nature to develop that real red-blooded life that means activity, enjoyment, success."

Scott's Emulsion is not a drug, but a pleasant food- tonic—free from alcohol. One bottle may help you.

Scott & Bowser, Bloomfield, N. J. 15-31

BULBS IN A BOWL.

An Easy Way to Cultivate Miniature Floating Gardens.

A novel way of growing bulbs, such as crocuses, has been tried with good success. After securing the bulbs the next thing is to get one or two rather large corks. Through these holes are bored and the bulbs fitted into the openings in such a way that the under side, from which the roots spring, is near the lower part of the cork.

Now obtain a large shallow bowl and fill this with pure water. Float the corks, with the bulbs in place, on the surface and set the whole thing aside in a rather shady position for two or three weeks. At the end of this time it will be noticed that the roots are growing down into the water; therefore forward a place in a sunny window should be selected.

The upper shoots of the bulbs will start to grow rapidly, and at this time it is a good plan to arrange a little moss to hide the upper surface of the corks, or, if preferred, however, grass or some other seed, such as cress, may be sown to provide a green covering.

There is nothing to do but to keep the bowl well supplied with water and change this now and again. Finally the flowers emerge, and then the effect is extremely pretty. The bulbs may be planted in this way any time up to early January, though naturally the sooner they are started the earlier they will bloom.—S. Leonard Bastin in St. Nicholas.

VICTORIA'S LETTERS.

Royal Secrets That Are Stored Away in Buckingham Palace.

"We may wonder if the world will ever be allowed to see the private correspondence amassed by the late Queen Victoria," says a writer. It is stored away in a strong room built into the walls of Buckingham palace, and the queen shared her confidence with no one.

So long as she was physically able to do so she opened and closed the safe herself and arranged its contents. When she was too feeble to do this she employed an old and trusted secretary, but even he had to work under the royal eye. He was never allowed to keep the keys nor to read the letters that he handled.

Queen Victoria was always a voluminous letter writer, and she was in constant communication with most of the royalties in Europe. Every domestic secret and privacy of royalty during half a century is said to be represented by the contents of this wonderful safe, and it is easy to believe that the modern historian would find his hands full if he were permitted to browse among these letters.

But probably he will have to wait a few hundred years, and then his popular audience will be a laudable one. It is one of the ironies of life that we can never have a thing when we want it.—Pittsburgh Press.

The Law of Habeas Corpus.

The enactment of the law of habeas corpus marks an important epoch in the progress of civil liberty in England and is regarded as one of the great achievements of Charles II's reign. Charles himself did not want the law, but just at the time he was very anxious to curry favor with the people and was afraid to oppose so popular a measure. The friends and foes of the act were pretty evenly divided in parliament, but in the final vote it was carried. The manner of its passage, however, was both comical and illegal. While the voting was going on a very fat lord arose and asked that his vote be recorded in the affirmative. In a spirit of fun the clerk announced ten votes for him to accord with his great size. They were so recorded, and for some unexplained reason the "error" was never corrected. The strangest part of it is the majority for the measure was less than ten; hence it would have failed of passage without the fat lord's extra votes.—Argonaut.

Sick Eggs.

Examine an egg, a perfectly fresh egg, and see how easily and quickly it comes out of its shell. Now, an egg that does not come out of the shell readily, that sticks together and the yolk, when forced, breaks and rolls around—that egg has had an attack of a disease similar to peritonitis. It is an infected egg. Conditions are present that show conclusively the presence of disease.—Good Health.

Tactless.

A woman who took refuge in a London shop during a heavy rain and remarked how quiet trade was with the owner was annoyed because his explanation of dull business was: "But just look at the weather! What respectable lady would venture outdoors in it?"

Veracity.

Honest, now, did you ever sit down and calculate your veracity better average? Try it sometimes and then take a square look at the percentage column.—Memphis Commercial Appeal.

No Objection.

Voice—Is this the weather bureau? How about a shower tonight? Prophet—Don't ask me. If you need one, take H. Chaparral.

Topics of the Home and Household.

In cleaning large pieces of silver avoid extra labor and stained fingers by applying the liquid silver polish with a small paintbrush. When partially dry rub clean with a chamol.

A new way to grow a hyacinth is to place the bulb in the center of a good-sized sponge, set in a pretty dish and keep the sponge wet constantly. After the bulb is well started scatter some grass seed over the surface of the sponge.

Before commencing an afternoon of sewing, thread several needles with hasting thread and others with the thread used in sewing. You will find that much labor is saved, as it often seems as if the end of a needle is reached at a place where the garment cannot well be laid aside.

Buns, Cakes and Puddings.

Shrewsbury Buns.

One tablespoonful of caraway seeds, one cupful of cleaned currants, a little nutmeg, the grated rind of about half a lemon, two eggs, one quart of milk, a good tablespoonful of butter, two pounds (eight cups) of flour, half a cupful of sugar and one more egg for brushing the tops; one cake of yeast. Make the milk lukewarm and break into it the yeast. Make a hole in the middle of the flour and pour in the milk and yeast. Stir, and set it in a warm place for one hour. Then stir in the other ingredients and let it rise again. See that the oven is hot and then form the dough into small buns on a floured board. Place them in a buttered baking pan. Beat up the egg kept for this purpose, brush them over with it, cover, and set in a warm place for another half hour. Bake in a hot oven.

Sally Lunn Cakes.

One pint of boiling milk, one cake of yeast, flour to make a stiff batter, two eggs, one tablespoonful of powdered sugar and a quarter of a pound of butter. Pour a pint of boiling milk into a pan and let it stand until lukewarm. Then break into it the yeast. When dissolved, stir in flour to make a stiff batter. Cover well and let it rise for two hours. Then beat up the egg with the powdered sugar and the butter, add it to the dough, knead it and let it remain in the pan, covered, for another half hour. Form into cakes, and in twenty minutes bake in a hot oven.

Ginger Dainty.

Dissolve one heaping tablespoonful of powdered gelatine with half a cupful of boiling water. Beat up the yolks of three eggs in a saucepan, add to them three tablespoonfuls of sugar and one cupful of milk; stir over a slow fire till it thickens; it must not boil. Strain it into a basin, add the gelatine, one teaspoonful of lemon juice and three tablespoonfuls of preserved ginger syrup; then add one cupful of whipped cream, and when almost set add two ounces of chopped preserved ginger. Pour into a wet mold and set away in a cool place. Turn out when set.

Lemon Mold.

Put one heaping tablespoonful of powdered gelatine into a saucepan, add one cupful of water, half a pound of lump sugar, the juice of three lemons and the grated rind of three lemons. Stir this over a gentle heat until all is dissolved; let it cool slightly, then add it gradually to three well-beaten eggs. Strain and pour into a wet mold. Turn out when firm and serve with whipped and sweetened cream.

Jenny Lind Pudding.

Spread some slices of sponge cake with strawberry jam, then lay them in a pretty glass dish. Put the grated rind and juice of a lemon into a saucepan, add half a cupful of water and two heaping tablespoonfuls of sugar and bring them to boiling point; beat up the yolks of three eggs in a basin, pour the boiling mixture over it, stirring all the time; return it to the saucepan, and stir over the fire till it thickens—it must not boil. Beat up the whites of the eggs stiffly, and stir them gently in among the custard. When done, pour it over the sponge cake. Sprinkle it with a layer of grated coconut and cover with whipped and sweetened cream.

Spanish Pudding.

Roll out a quarter of a pound of rich pastry and line a small platter with it; cover the bottom with apricot jam. Beat three ounces of butter and four ounces of sugar till creamy, then add four eggs one by one, beating each till mixed; then add the grated rind of one orange and one grated apple. Mix thoroughly, pour into the prepared dish and bake in a hot oven for half an hour.

Worry Shortens Life.

It is said that worry is a great shortener of life. We have all seen plenty of evidences among our friends and relatives to know that this statement is true. One great writer has said that worry is rust on the blade. Now, if this disease is so fatal, it is time that we find a cure for it, says an exchange. Some persons in their thoughtlessness or in their lack of knowledge can only say, "Forget," when they find a person worrying. This may be effective in many cases, but the individuals afflicted with the worry disease would rather be shown a way out of the gloomy delts into which their indulgence in worry has cast them.

Worry in most instances is caused by exhaustion or overwork. Unless it is checked in time it becomes a habit, a most difficult one to overcome. The best thing one can do when one's housework, office work or store work gets on one's nerves, so to speak, is to rest the body. The vigor of the body must be increased before one can acquire sufficient will power to abolish worry. While more sleep is necessary, it is also advisable not to

WOMAN SO WEAK COULD NOT SLEEP

Made Well by Lydia E. Pinkham's Vegetable Compound.

North Oxford, Mass.—"I had lost three children and I was all run down and so weak I could not sleep at night. My eyesight would leave me and everything I ate upset my stomach. I was very nervous and if I would start to sleep I would have to stop and lie down before I could finish. I was looking over the paper one day and read of a woman who felt as I did and took Lydia E. Pinkham's Vegetable Compound, so I took it too. Now I am proud to tell you I am feeling fine and have given birth to a boy baby. He is my 'Pinkham' baby. I keep a bottle of Compound in my house always."—Mrs. PETER MARCO, Box 54, North Oxford, Mass.

Sleeplessness, indigestion, weakness, and nervousness are symptoms which indicate a lowered vitality of the female organism, and the tonic, strengthening properties of the good old fashioned roots and herbs, contained in Lydia E. Pinkham's Vegetable Compound, are just what is needed by every woman who is in Mrs. Marco's condition.

For free advice in regard to any annoying symptoms write to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass.

wait until night to rest the body and mind. Stop all work for a few minutes and relax both. If such a thing is possible, think of nothing, let your thoughts wander, or if you must think, let your thoughts be pleasant. Forget the subject that has been annoying you.

Lack of fresh air causes a feeling of fatigue, and fatigue in turn breeds worry. You can, therefore, see the necessity for filling the lungs with sufficient fresh air during the day. Very few people living in the cities spend more than one hour in the fresh air every day. Since such is the case, effort must be made to bring fresh air indoors. When you feel fretful or worried stand by an open window and indulge in deep breathing. You will be surprised to find how this will brace you for some time to come.

A hike across the country will drive the blues away. Do not walk listlessly. Slow walking soon causes a sense of fatigue, because the blood is allowed to remain in the legs and they become heavy. The circulation is hindered and not given an opportunity to carry the waste products away. By walking quickly, taking long strides, one keeps fresh and is able to cover more ground. While walking, keep the head and chest up and the shoulders well back. You will then be in a better position to observe things and thus take your mind from yourself. After all, worry is really a case of egotism. The guilty one begins first to pity himself and to think over all injuries and troubles that have ever come to him. Walking, then, and observation will prove the best cure for this trouble. Another remedy is to bear the burdens of others. By doing this your own burdens will seem light. Dorothy Dexter.

When Texas Branded Thieves.

Adam was the first man, the very first, to be indicted by a grand jury in Houston. His name, to be more specific, was James Adam. The charge was that he stole the indictment larceny. He was convicted. This was the sentence: To return to the rightful owner the sum of \$250, to be given thirty-nine lashes on the bare back in a public place and to be branded